

Cooking for Kids

Recipe Sizing Report

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Jan 26, 2022

000336 - Italian Roasted Broccoli CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 Size of Portion: 1/4 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011090 BROCCOLI,RAW.....	16 3/4 cup	1. Wash and cut broccoli into bite sized pieces, if not already florets (if using frozen broccoli, pat it dry).
001185 PARMESAN CHS TOPPING,FAT FREE... 002031 PEPPER,RED OR CAYENNE..... 902972 ITALIAN SEASONING..... 050385 OIL, VEGETABLE.....	2 Tbsp 1/4 tsp 2 Tbsp 2 Tbsp	2. In a large bowl, combine broccoli, cheese, and other seasonings with oil and toss until fully incorporated. 3. Place on a sheet tray or baking tray with edges lined with parchment and bake in a 400° F oven for 8 minutes or until golden brown. Hold hot for service.

*Nutrients are based upon 1 Portion Size (1/4 CUP)

Calories	31 kcal	Cholesterol	0 mg	Sugars	*1.0* g	Calcium	30.94 mg	38.36%	Calories from Total Fat
Total Fat	1.33 g	Sodium	24 mg	Protein	1.83 g	Iron	0.45 mg	6.93%	Calories from Saturated Fat
Saturated Fat	0.24 g	Carbohydrates	4.09 g	Vitamin A	375.5 IU	Water ¹	*52.69* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.54 g	Vitamin C	52.6 mg	Ash ¹	*0.54* g	52.40%	Calories from Carbohydrates
								23.41%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.